



Let's cook!



RECIPE CARD.1

YUM
YUM!

♥
Spaghetti
Bolognese

ALL INGREDIENTS
IN STORE



GOOD
FOOD!

rootes
grocery store
fresh, local and only at warwick

Spaghetti Bolognese • Serves 10 - 12

Prep time - 10 mins, cook time - 20 min, plus 1 hour simmering

1 x 500g (packet) of mince beef or pork

1 small bulb of garlic

4 onions

4-5 carrots

3 red peppers

250g (packet) of mushrooms

3 teaspoons Italian dried herbs

Black pepper

Salt and oil

4 tins of chopped tomatoes

Water

* Suitable for freezing

Instructions

1. Chop the onion, crush garlic (using a garlic press is the easiest way!), peel and grate the carrot, dice the peppers and slice the mushrooms
2. Heat a large pan with a little oil, add the mince and cook until golden brown. Add salt and pepper then add the onion and garlic and cook for a further 3 minutes
3. Now add the mushrooms, peppers and grated carrot and cook for a further 3 minutes
4. Add tomatoes, Italian seasoning, 1 can of water and simmer for an hour stirring occasionally
5. Taste and season
6. Cook 50-60 grams of spaghetti per person in boiling salted water, drain then toss with the sauce
7. Any leftover sauce can be cooled on a large tray for about 30 minutes then frozen into portion sizes.

HELPFUL NOTES

You can heat each portion as required in the microwave. Ensure that it is piping hot throughout.

If you are in a rush buy some quick cook pasta which cooks in around 3 minutes.